

# Kentucky Department of Education

## Course Standards for 2019-20 and Beyond

Course Code: 340287

Course Name: 6<sup>th</sup> Grade Integrated Health & Physical Education

Grade level: 6

Upon course completion students should be able to:



### Standards

#### HEALTH

##### Standard 1

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 6.1.1. Differentiate between proper use and abuse of prescription and over-the-counter medicines and distinguish between the benefits and consequences of using and not using alcohol and other drugs.
- 6.1.2. Explain the risks associated with using alcohol or other drugs and riding in a motor vehicle.
- 6.1.3. Explain why the recommended amount of food a person needs each day may be different for each food group and analyze the benefits of healthy eating.
- 6.1.4. Discuss how emotions change during adolescence and explain appropriate ways to express and respond to needs, wants, emotions and feelings.
- 6.1.5. Summarize the benefits of good hygiene practices.
- 6.1.6. Explain the difference between infectious, noninfectious, acute and chronic diseases.
- 6.1.7. Summarize actions to take to protect oneself against potential damage from exposure to the sun.
- 6.1.8. Explain the importance of talking with parents and other trusted adults about issues related to relationships, growth and development and sexual health.
- 6.1.9. Describe conception and its relationship to the menstrual cycle and describe why sexual abstinence is the most effective risk avoidance method of protection from HIV, other STDs and pregnancy.
- 6.1.10. Describe short- and long- term physical effects of using tobacco.
- 6.1.11. Summarize the dangers of experimenting with tobacco products and the benefits of being tobacco-free.
- 6.1.12. Identify a variety of non-violent ways to respond to stress when angry or upset and explain why it is important to understand the perspective of others in resolving conflict situations nonviolently.
- 6.1.13. Describe how the presence of weapons increases the risk of serious violent injuries

##### Standard 2

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 6.2.1. Describe how culture influences personal health decisions and behaviors.
- 6.2.2. Explore how sharing or posting personal information electronically on social media sites can negatively impact the health of self and others.

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## Standards

### Standard 3

Access valid information, products and services to enhance health.

- 6.3.1. Describe health-related situations that call for professional services.
- 6.3.2. Identify and determine the availability of valid and reliable personal health and wellness products.

### Standard 4

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 6.4.1. Describe effective verbal and nonverbal communication skills to enhance health and promote healthy behaviors/relationships.
- 6.4.2. Describe how to ask for assistance to enhance the health of self and others.
- 6.4.3. Explain how refusal and negotiation skills are used to avoid or reduce health risks.
- 6.4.4. Explain effective conflict management and/or resolution strategies.

### Standard 5

Use decision-making skills to enhance healthy behaviors.

- 6.5.1. Recognize healthy options when making a decision about health-related issues or problems.
- 6.5.2. Describe how to use a decision-making process to avoid harmful behaviors.
- 6.5.3. Describe how a decision-making process is used to enhance or establish healthy behaviors and relationships.

### Standard 6

Use goal-setting skills to enhance healthy behaviors.

- 6.6.1. Identify strategies and skills needed to attain personal health goals.
- 6.6.2. Recognize how personal health goals can vary with changing abilities, priorities and responsibilities.
- 6.6.3. Assess personal health practices and create a goal to maintain or improve personal health practices.

### Standard 7

Practice health-enhancing behaviors and avoid or reduce health risks.

- 6.7.1. Recognize positive health and wellness-related behaviors.
- 6.7.2. Summarize personal health practices and behaviors to improve the health and wellness of self and others.

### Standard 8

Advocate for personal, family and community health.

- 6.8.1. State a health-enhancing position, supported with accurate information, to improve the personal health and wellness of others.
- 6.8.2. Describe how to influence and support others to make positive behavior choices to improve personal health and wellness.

## PHYSICAL EDUCATION

### Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

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### Combinations of Movement Patterns and Skills

- 6.1.MP1. Demonstrate simple movement concepts, principles, strategies and tactics when learning and performing physical activities.
- 6.1.MP2. Demonstrate simple and combined motor skills in a variety of games and activities.
- 6.1.MP3. Perform a wide variety of locomotor movements in combination, using different pathways and directions, while moving around others and/or equipment.

### Manipulative Skills

- 6.1.MS1. Send and receive a variety of objects, adjusting for speed and distance, while applying appropriate performance cues.

### Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

### Combinations of Movement Concepts

- 6.2.MC1. Demonstrate how movement concepts, principles, strategies and tactics apply to the performance of various physical activities.
- 6.2.MC2. Demonstrate how motor skills and techniques need to be refined, combined and varied in the development of specialized skills for participation in games and activities.
- 6.2.MC3. Demonstrate how non-locomotor, locomotor and combination skills are used to build simple, creative sequences

### Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

### Physical Activity Knowledge and Engagement

- 6.3.PA1. Describe how being physically active leads to better health.
- 6.3.PA2. Participate in a variety of physical activities.

### Physical Fitness Knowledge

- 6.3.PF1. Identify the components of skill-related fitness.
- 6.3.PF2. Identify each of the components of the FITT principle for different types of physical activity.

### Nutrition

- 6.3.N1. Identify food from each of the basic food groups and select appropriate servings and proportions for his/her age and physical activity levels.

### Stress Management

- 6.3.SM1. Recognize physical activity as a positive way of dealing with stress.

### Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

### Social Interactions/Working with Others

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- 6.4.SW1. Accept differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.

### Rules and Etiquette

- 6.4.RE1. Demonstrate knowledge of rules and etiquette by self-officiating standard and modified physical activities.
- 6.4.RE2. Demonstrate cooperation skills by establishing rules and guidelines for resolving conflict

### Safety

- 6.4.SA1. Demonstrate knowledge of appropriate safety principles, rules and procedures in a variety of physical activities.

## Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

### Health

- 6.5.H1. Demonstrate that regular participation in physical activities supports the goals of fitness, reducing stress and a healthier lifestyle.

### Challenge

- 6.5.C1. Explain that physical activities provide opportunities for self-expression, social interactions and can be enjoyable and challenging.

### Self-Expression and Enjoyment

- 6.5.SE1. Identify and use appropriate strategies to self-reinforce positive fitness behaviors.

### Social Interaction

- 6.5.SI1. Use personal and social behaviors that show respect to self and others in physical activity settings.

### Advocacy

- 6.5.A1. State a health-enhancing position about being physically active, supported with accurate information, to improve the health of others.